

Grief is the price we pay for love “and people need time to mourn the loss of a loved one. A funeral ceremony fills this need and provides people with an important place to share in their grief. No two lives are the same, no two funerals will be the same.

Funerals allow us to remember and celebrate a life lived and lets us acknowledge that your life mattered to us. Funerals offer finality and understanding that loved ones have died.

Sometimes we feel that by denying a loss or shielding our families from it we can ease the hurt or stop the feeling of grief. This isn't so, grief is hard, sometimes unbearable but certainly doesn't go away if we try to deny it happens. All our significant life events are shared with others. Birthdays and weddings provide an opportunity to come together and share. A funeral does the same, it allows those who knew us to show that our life mattered to them.

A funeral is not a fuss; it's saying goodbye with dignity and purpose, a symbolism of our love and a meaningful life event.

Do those who matter
the most to you,
know about all the little things
that make up your life?

Have the conversation now
because it cannot be had once you're gone.



Complete the “Your Story” booklet together
or simply complete the details yourself.

yourgoodbye.com



AUSTRALIAN
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YOUR
Goodbye

Honouring life



*Your Life Matters
and so does your funeral*

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What if I don't have many family and friends left and there's hardly anyone to come to my funeral - do you still have one?

Whether there is one person or one hundred who might attend, it's still important to acknowledge your life. Funerals are not about how many who attend but what it means to say goodbye for those who attend.

I don't want my family to grieve when I'm gone, I want them to think of me and have a celebration. Won't a funeral make it harder for them?

It's a caring gesture to not want your family to be hurting but research shows very clearly that we cannot prevent grief from occurring just because we don't want to be upset. Grief, is normal, natural and to be expected - a funeral actually helps people to express their feelings so they don't bottle them up and become unwell later.

"Enjoy the little things in life because one day you'll look back and realise they were the big things"

- Kurt Vonnegut

What if my family doesn't like the idea of the funeral wishes I have made?

It's important to talk to them now and explain why you have made your specific decisions - there should be no surprises for your family when the time comes to carry out your wishes.

Sharing stories and talking about life and death can ease the burden on our family, why don't we do it more often?

